

CLASS DATES

	Days	First Class	Last Class	No Class (Holidays)
Block 1	Mon-Thurs	18-Jun	28-Jun	
Block 2	Friday	22-Jun	17-Aug	6-Jul
	Saturday	23-Jun	18-Aug	7-Jul
Block 3	Mon-Thurs	9-Jul	19-Jul	
Block 4	Mon-Thurs	23-Jul	3-Aug	
Block 5	Mon-Thurs	6-Aug	16-Aug	

REGISTRATION DATES

Opens for Members	1-May
Opens for Non-Members	3-May
Closes - Block 1	14-Jun
Closes - Block 2	14-Jun
Closes - Block 3	3-Jul
Closes - Block 4	19-Jul
Closes - Block 5	2-Aug

COST

M	Member Fee (see listed next to each class)
NM	Non-Member Fee (see listed next to each class)
Late registration fee	\$10.00
Transfer free	\$5.00

PLEASE NOTE:

WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aid to the existing class.

CANCELLATION AND REFUND POLICY

If you cancel your class prior to the first scheduled day, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 2-3 weeks for a check refund. If you cancel your class prior to the first day of your scheduled class you will receive a refund minus a \$10.00 cancellation fee.

CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class. No make-ups or refunds are given for missed lessons due to personal reasons.

RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

WARRENTON AQUATIC & RECREATION FACILITY

SUMMER 2012
aquatics



800 Waterloo Road
Warrenton, VA
540.349.2520
www.warrentonva.gov



Town of Warrenton
Parks & Recreation Department

Scan with your smart phone to access all of this information on the web!



IMPORTANT INFORMATION:

- Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and may need to be repeated until the student is comfortable enough with the skills to progress to the next level.
- During swim lessons, guardians may watch their children from the chairs on deck or the bleacher area.
- Patrons accompanying students in aquatics programs must pay general admission fees to use the facility.
- It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Levels 3, 4, & 5 once students are working on developing and improving their strokes.
- Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit – no disposable or cloth diapers please.
- Class size: Maximum of 6 participants per instructor.

PARENT & CHILD (ages 6 months - 3 years)

Adults and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Adults learn proper holding technique to ensure the children are able to adjust to being in the water. Prerequisite: Parent or caregiver must accompany child into the water and participate in each class.

CODE	DAY	TIME	BLOCKS	M	NM
MPC1	Mon/Wed	6:30p - 7:00p	1,3,4,5	\$31	\$34
TPC1	Tue/Thu	8:30a - 9:00a	1,3,4,5	\$31	\$34
FPC1	Friday	11:10a - 11:40a	2	\$61	\$67
SPC1	Saturday	9:10a - 9:40a	2	\$61	\$67

PRESCHOOL LEVEL 1 WITH ADULT (ages 2-4)

This class is designed for children not yet ready to be in a class with an instructor on their own. Children learn water safety, and basic swimming skills such as entering & exiting water safely, submerging face, buoyancy, and locomotion in the water; all in the arms of an adult they know and trust. Prerequisite: Parent or caregiver must accompany child into the water and participate in each class.

CODE	DAY	TIME	BLOCKS	M	NM
MP1A1	Mon/Wed	8:30a - 9:00a	1,3,4,5	\$31	\$34
TP1A1	Tue/Thu	6:30p - 7:00p	1,3,4,5	\$31	\$34
FP1A1	Friday	8:30a - 9:00a	2	\$61	\$67
SP1A1	Saturday	8:30a - 9:00a	2	\$61	\$67

PRESCHOOL LEVEL 1 (ages 3-5)

This class teaches water safety, breath control, face submersion, buoyancy, and arm & leg movements. Prerequisite: Children must function well in a group class. Recommend no goggles in this class.

CODE	DAY	TIME	BLOCKS	M	NM
MPS11	Mon-Thu	9:10a - 9:40a	1,3,4,5	\$61	\$67
MPS12	Mon-Thu	11:00a - 11:30a	1,3,4,5	\$61	\$67
MPS13	Mon-Thu	5:50p - 6:20p	1,3,4,5	\$61	\$67
FPS11	Friday	9:10a - 9:40a	2	\$61	\$67
FPS12	Friday	4:30p - 5:00p	2	\$61	\$67
SPS11	Saturday	9:50a - 10:20a	2	\$61	\$67
SPS12	Saturday	11:50a - 12:20p	2	\$61	\$67

PRESCHOOL LEVEL 2 (ages 3-5)

This class teaches water safety, breath control, face & head submersion, floating on front & back, rolling over, swimming on front & back, and fundamentals of treading water. Prerequisite: Safely enter & exit water, submerge face while blowing bubbles, and glide on front, roll to back, & recover to vertical. Recommend no goggles in this class.

CODE	DAY	TIME	BLOCKS	M	NM
MPS21	Mon-Thu	9:50a - 10:20a	1,3,4,5	\$61	\$67
MPS22	Mon-Thu	11:40a - 12:10p	1,3,4,5	\$61	\$67
MPS23	Mon-Thu	4:30p - 5:00p	1,3,4,5	\$61	\$67
FPS21	Friday	9:50a - 10:20a	2	\$61	\$67
FPS22	Friday	5:10p - 5:40p	2	\$61	\$67
SPS21	Saturday	8:30a - 9:00a	2	\$61	\$67
SPS22	Saturday	10:30a - 11:00a	2	\$61	\$67

PRESCHOOL LEVEL 3 (ages 3-5)

This class teaches water safety, rhythmic breathing, floating & gliding on front & back, swimming on front & back, and treading water. Prerequisite: Glide on front, roll to back & float. Glide on back, roll to front & float. Swim using combined arm & leg actions.

CODE	DAY	TIME	BLOCKS	M	NM
MPS31	Mon-Thu	10:30a - 11:00a	1,3,4,5	\$61	\$67
MPS32	Mon-Thu	12:20p - 12:50p	1,3,4,5	\$61	\$67
MPS33	Mon-Thu	5:10p - 5:40p	1,3,4,5	\$61	\$67
FPS31	Friday	10:30a - 11:00a	2	\$61	\$67
FPS32	Friday	5:50p - 6:20p	2	\$61	\$67
SPS31	Saturday	9:10a - 9:40a	2	\$61	\$67
SPS32	Saturday	11:10a - 11:40a	2	\$61	\$67

PRESCHOOL LEVEL 4 (ages 4-6)

This class teaches water safety, rotary breathing, swimming front crawl, back crawl & elementary backstroke, introduces breaststroke kick, sitting & kneeling dive, treading in deep water, and open turns. Prerequisite: Swim using combined arm & leg actions for 5 body lengths, roll to back and float for 5 seconds, then return to front and swim to safety.

CODE	DAY	TIME	BLOCKS	M	NM
MPS41	Mon-Thu	8:30a - 9:00a	1,3,4,5	\$61	\$67
MPS42	Mon-Thu	6:30p - 7:00p	1,3,4,5	\$61	\$67
FPS41	Friday	11:50a - 12:20p	2	\$61	\$67
SPS41	Saturday	9:50a - 10:20a	2	\$61	\$67

YOUTH LEVEL 1 (ages 6-15)

This class teaches water safety, breath control, face submersion, buoyancy, and arm & leg movements. Prerequisite: Children must function well in a group. Recommend no goggles in this class.

CODE	DAY	TIME	BLOCKS	M	NM
MYL11	Mon-Thu	9:10a - 9:40a	1,3,4,5	\$61	\$67
MYL12	Mon-Thu	11:00a - 11:30a	1,3,4,5	\$61	\$67
MYL13	Mon-Thu	5:50p - 6:20p	1,3,4,5	\$61	\$67
FYL11	Friday	9:10a - 9:40a	2	\$61	\$67
FYL12	Friday	4:30p - 5:00p	2	\$61	\$67
SYL11	Saturday	9:50a - 10:20a	2	\$61	\$67
SYL12	Saturday	11:50a - 12:20p	2	\$61	\$67

YOUTH LEVEL 2 (ages 6-15)

This class teaches water safety, breath control, face & head submersion, floating on front & back, rolling over, swimming on front & back, changing directions while swimming, and fundamentals of treading water. Prerequisite: Safely enter water, “swim” 5 yards, bob 3 times, then safely exit the water. Glide on front & float on back.

CODE	DAY	TIME	BLOCKS	M	NM
MYL21	Mon-Thu	9:50a - 10:20a	1,3,4,5	\$61	\$67
MYL22	Mon-Thu	11:40a - 12:10p	1,3,4,5	\$61	\$67
MYL23	Mon-Thu	4:30p - 5:00p	1,3,4,5	\$61	\$67
FYL21	Friday	9:50a - 10:20a	2	\$61	\$67
FYL22	Friday	5:10p - 5:40p	2	\$61	\$67
SYL21	Saturday	8:30a - 9:00a	2	\$61	\$67
SYL22	Saturday	10:30a - 11:00a	2	\$61	\$67

YOUTH LEVEL 3 (ages 6-15)

This class teaches water safety, rotary breathing, floating & gliding on front & back, front crawl & elementary backstroke, scissor, dolphin, & breaststroke kicks, treading water, entering & exiting deep water, and swimming in deep water. Prerequisite: Swim using combined arm & leg actions for 5 body lengths, roll to back and float for 5 seconds, then return to front and swim to safety.

CODE	DAY	TIME	BLOCKS	M	NM
MYL31	Mon-Thu	10:30a - 11:00a	1,3,4,5	\$61	\$67
MYL32	Mon-Thu	12:20p - 12:50p	1,3,4,5	\$61	\$67
MYL33	Mon-Thu	5:10p - 5:40p	1,3,4,5	\$61	\$67
FYL31	Friday	10:30a - 11:00a	2	\$61	\$67
FYL32	Friday	5:50p - 6:20p	2	\$61	\$67
SYL31	Saturday	9:10a - 9:40a	2	\$61	\$67
SYL32	Saturday	11:10a - 11:40a	2	\$61	\$67

YOUTH LEVEL 4 (ages 6-15)

This class teaches water safety, front crawl, elementary backstroke, back crawl, breaststroke, sidestroke, & butterfly, swimming under water, treading water, survival swimming, open turns, and dives. Prerequisite: Jump into deep water from the side, swim front crawl 15 yards, tread water for 30 seconds, and swim elementary backstroke for 15 yards.

CODE	DAY	TIME	BLOCKS	M	NM
MYL41	Mon-Thu	9:00a - 9:45a	1,3,4,5	\$77	\$86
MYL42	Mon-Thu	1:00p - 1:45p	1,3,4,5	\$77	\$86
MYL43	Mon-Thu	5:30p - 6:15p	1,3,4,5	\$77	\$86
FYL41	Friday	11:15a - 12:00p	2	\$77	\$86
FYL42	Friday	6:30p - 7:15p	2	\$77	\$86
SYL41	Saturday	10:30a - 11:15a	2	\$77	\$86

YOUTH LEVEL 5 (ages 6-15)

This class teaches water safety, and swimming greater distances in: front crawl, elementary backstroke, back crawl, breaststroke & butterfly, surface dive, flip turns, sculling, and treading water. Prerequisite: Swim front crawl & elementary backstroke for 25 yards, and swim breaststroke & backstroke for 15 yards.

CODE	DAY	TIME	BLOCKS	M	NM
MYL51	Mon-Thu	10:00a - 10:45a	1,3,4,5	\$77	\$86
MYL52	Mon-Thu	1:00p - 1:45p	1,3,4,5	\$77	\$86
MYL53	Mon-Thu	4:30p - 5:15p	1,3,4,5	\$77	\$86
FYL51	Friday	8:15a - 9:00a	2	\$77	\$86
FYL52	Friday	6:30p - 7:15p	2	\$77	\$86
SYL51	Saturday	11:30a - 12:15p	2	\$77	\$86

ADULT LEVEL 1 (ages 16 & up)

Learn a valuable skill that you can enjoy for a lifetime! Overcome your hesitation with water at a comfortable pace while learning basic elements of swimming. This class focuses on water adjustment, breath control, floating, gliding, and body control in the water. Prerequisite: Comfortable in shallow water and excited to learn a new skill.

CODE	DAY	TIME	BLOCKS	M	NM
TAS11	Tue/Thu	6:30p - 7:15p	1,3,4,5	\$39	\$43

ADULT LEVEL 2 (ages 16 & up)

Now that you are comfortable in the water and have learned some basic skills, build on your knowledge while learning new skills, which include: front crawl, elementary backstroke, back-stroke & breaststroke arms, fining, rotary breathing, deep water adjustment, and treading water. Prerequisite: Safely enter & exit water, submerge face while blowing bubbles, and combined arm pulls & kick on front & back.

CODE	DAY	TIME	BLOCKS	M	NM
TAS21	Tue/Thu	8:00a - 8:45a	1,3,4,5	\$39	\$43

ADULT LEVEL 3 (ages 16 & up)

This class expands on level 2 to include improving on previously learned skills and introducing new strokes: breaststroke, butterfly, & sidestroke. You will also have the opportunity to learn about proper turn technique and how to dive from the deck(optional). Prerequisite: Swim 5 body lengths front crawl, roll onto back & float 5 seconds, then roll onto front and swim to safety. Repeat same skill on back.

CODE	DAY	TIME	BLOCKS	M	NM
MAS31	Mon/Wed	8:00a - 8:45a	1,3,4,5	\$39	\$43

ADULT SWIM CONDITIONING (ages 16 & up)

Become a stronger and faster swimmer by learning how to refine your stroke technique. All aspects of the competitive strokes (freestyle, backstroke, breaststroke, & butterfly) will be taught to increase efficiency. Build your endurance by doing drills to become a stronger distance swimmer. This is an excellent option for preparing to participate in a triathlon. Prerequisite: Front dive, swim 25 yards front crawl, perform flip turn, continue front crawl 25 yards. Repeat skill in backstroke and breaststroke(use open 2-hand turn).

CODE	DAY	TIME	BLOCKS	M	NM
MASC1	Mon/Wed	6:30p - 7:15p	1,3,4,5	\$39	\$43

Specialty Classes Available this Summer:

- Junior Lifeguarding
- Lifeguard Certification Courses
- CPR/AED for Lifeguards Recerts